

WIC Smart Topics

Module	Categories	STARS Topic
Breastfeeding Supply and Demand	PG	Breastfeeding How To's
	BF	Breastfeeding Support
Breastmilk vs. Formula	PG	Breastfeeding Benefits
	BF	Breastfeeding Support
Calcium	PG Child	Calcium Foods
Dental Health	Infant Child	Dental Health
Feeding Your Toddler	Child (1-2yrs)	Healthy Snacks Portion Sizes Choking Hazards Milk Amounts Limit Juice Intake Limit Television
Fiber	All	Constipation
Food Labels	All	Food Labels
Foods for Breastfeeding Moms	BF	Breastfeeding Support
Fruits and Veggies	All	Fruits/Veggies
Gestational Diabetes	PG	Intro to Diabetes
Happy Birthday	Infants/Child (1yr)	Age Appropriate Foods
Healthy Snacks	Child	Healthy Snacks
Healthy Weight in Children	Child	Healthy Snacks Physical Activity Milk Type
Infant Feeding 0-6mo	Infant	Age Appropriate Foods
Infant Feeding 7-12mo	Infant	Age Appropriate Foods
Iron for a Healthy Diet	All	Iron Foods
Limiting Juice Intake	Infant/Child	Limit Juice Intake
Limiting Sugar	All	Limit High Sugar Foods
No Formula 1 st Month	PG	Breastfeeding Benefits
	Infant	Breastfeeding Support
Physical Activity	All	Physical Activity
Picky Eaters	Child	Picky Eaters
Post-Partum Weight Loss	BF PP	Physical Activity Limit Juice Intake Healthy Drinks Healthy Snacks
Protein	All	Meat/Protein Foods
Salt Restriction	All	Limit Salt Intake
Teens & Pregnancy	PG	Nutrition for Pregnant Teens/Moms Folic Acid Healthy Drinks PG Weight Gain
Toddlers and Milk Consumption	Child	Milk Amounts Milk Type
Watch Fat Intake	All	Limit High Fat Foods

Remember to also document "WIC Smart" in STARS Highlight indicates possible BFing ed for PG

WIC Smart Topics

Weaning Bottle to Cup	Infant Child	Weaning from Bottle
Weaning Breastfed Baby	Infant Child	Weaning from Breast
Weight Gain during Pregnancy	PG	PG Weight Gain
What to Expect when Breastfeeding	PG BF	Breastfeeding Benefits Breastfeeding How To's Breastfeeding Support
Spanish		
Fruits and Veggies →Vegetales y Frutas	All	Fruits/Veggies
Physical Activity →A Moverse!	Child	Physical Activity
Kids and Juice →Los ninos y el jugo	Child	Limit Juice Intake
MyPlate →MiPlato	All	Fruits/Veggies Meats/Protein Foods Grains
Picky Eating →Caprichos con la comida	Child	Picky Eaters

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